Dear Respondents,

We are the 4th year students taking Bachelor of Science in Criminology at Olivarez College Tagaytay are now conducting Undergraduate Research with the title: **“Daily life struggles and Coping Mechanism of Selected BS Criminology Working Students: Basis for Intervention Program”.** In light of this, we kindly ask for permission for participation as our research study respondents.

You may rest assured that all collected data will be used solely for study and handled with the utmost confidentiality.

Thank you very much!

**ANGCAYA, JAMES CLARK D.**

**BRAVO, BRAVIN FLOYD**

**CERVANTES, EZEKIEL**

**FERRERAS, RUZ ANN**

**SAHOT, MC JOSHUA**

**SOBREVEGA, MARK**

Researchers

**Name (OPTIONAL): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PART l. DEMOGRAPHIC PROFILE**

The following are questions about you: Please put a checkmark (Checkmark with solid fill) in the line that applies to you.

1.1 Age

\_\_\_\_ Under 18

\_\_\_\_ 18-22

\_\_\_\_ 22-27

1.2 Sex

\_\_\_\_ Male

\_\_\_\_ Female

1.3 Year Level

\_\_\_\_ 1st year

\_\_\_\_ 2nd year

\_\_\_\_ 3rd year

\_\_\_\_ 4th year

1.4 Field of work

\_\_\_\_ Food Industry

\_\_\_\_ Safety and Security

\_\_\_\_ Services & Transportation

\_\_\_\_ Sales

\_\_\_\_ Education

Others, please specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1.5 Monthly Income

\_\_\_\_ 2,000 - 3,499 pesos

\_\_\_\_ 3,500 – 4,499 pesos

\_\_\_\_ 4,500 – 5,499 pesos

\_\_\_\_ 5,500 pesos and above

**PART ll. DAILY LIFE STRUGGLES OF SELECTED BSCRIM WORKER STUDENTS IN TERMS OF TIME**

**MANAGEMENT, STRESS AND BURNOUT.**

Instructions: For each statement, please check whether you strongly Agree, Agree, Disagree, or Strongly Disagree

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **2.1 Time Management** | **4**  **Strongly Agree** | **3**  **Agree** | **2**  **Disagree** | **1**  **Strongly Disagree** |
| I am confident in my ability to manage my time effectively. |  |  |  |  |
| I regularly plan my schedule to balance work and study commitments. |  |  |  |  |
| I use time management techniques or strategies to help me balance work and studies. |  |  |  |  |
| Balancing work and study schedules is a challenge for me. |  |  |  |  |
| I experience significant stress and anxiety due to time management issues. |  |  |  |  |
| **2.2 Stress** |  |  |  |  |
| Balancing work and studies is a significant source of stress for me. |  |  |  |  |
| Financial concerns related to tuition and expenses cause me stress. |  |  |  |  |
| I often struggle to find a balance my work, studies, and personal life. |  |  |  |  |
| Lack of time for self-care and relaxation contributes to my stress. |  |  |  |  |
| The pressure to perform well academically while working adds to my stress. |  |  |  |  |
| **2.3 Burnout** |  |  |  |  |
| I often feel physically and emotionally exhausted due to the demands of work and studies. |  |  |  |  |
| The pressure to excel academically while working intensifies my feelings of burnout. |  |  |  |  |
| The constant juggling of work and studies has led to a decrease in my enthusiasm and motivation. |  |  |  |  |
| I often find it challenging to concentrate and be productive due to burnout. |  |  |  |  |
| The high workload and responsibilities contribute to my feelings of burnout. |  |  |  |  |

**Part lll. COPING MECHANISM OF SELECTED BSCRIM WORKING STUDENTS** Instructions: For each statement, please check whether you strongly Agree, Agree, Disagree, or Strongly Disagree

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Coping Mechanism** | **4**  **Strongly Agree** | **3**  **Agree** | **2**  **Disagree** | **1**  **Strongly Disagree** |
| I have a set of effective coping mechanisms to manage stress and challenges as a working student. |  |  |  |  |
| Seeking social support from friends or family helps me cope with the demands of work and studies. |  |  |  |  |
| Engaging in regular physical activity is a helpful coping strategy for me. |  |  |  |  |
| I practice time management and organizational skills to better cope with my responsibilities. |  |  |  |  |
| I use mindfulness or relaxation techniques to reduce stress and anxiety. |  |  |  |  |

**THANKYOU!**